

Facets

August 2013

Back-to-school butterflies

How Ames teachers prepare for another school year filled with laughter and learning

ALSO INSIDE

- ◆ Q&A with Ames students
- ◆ Fashion: Classing up the classroom
- ◆ The ABCs of better health

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Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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Kelly Morken, a second grade teacher at Meeker Elementary in Ames makes preparations in her classroom for the coming school year. Photo by Amy Vinchattle/Facets

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You're never too old to learn

I used to have dreams so vivid that I sometimes had to think hard on the reality of whether I had a master's degree.

A quick check of my resumé reminds me I do not. I graduated with my bachelor of arts degree 11 years ago. I figured the dreams were some sign that, deep down, I wanted to go back to school, and the tuition assistance my employer offers was one of the benefits that really excited me about the job.

Those dreams started to fade my first week into the job.

My first two months were spent in training, but even before that, I had one week to study before an exam to receive my state insurance license. And I knew very little about insurance.

I spent five days in a classroom with 12 other people. After

reading what can only be described as dry text (reminding me I have terrible reading comprehension) and reviewing the information for eight hours, I studied at home until it was time for bed. I woke up the next day and did the same.

The weekend before the exam, I spent eight hours on Saturday and eight hours on Sunday studying the material over and over again.

No license. No job. And since I had just lost my previous job a month earlier, the stakes were high.

I woke up early the day before the exam to study. I rifled through note cards in the parking lot in the last minutes before I had to enter the test site.

I passed the exam the first try, and with a much higher

score than required.

I was proud of myself, and being back in a classroom was not a joyless experience. Like most schoolchildren, I liked making new friends more than studying, though there is satisfaction in learning something new.

Several of my co-workers talk frequently and with excitement about going back to school to complete their degrees.

It isn't something I have dreamed of lately; 11 years helped me forget how stressful learning can be.

I am not ruling out furthering my education in some way; in fact, I am still planning on it. They say you're never too old to learn; now I just must wait until I reach the age I when I have the patience for it. ♦



JENNIFER MEYER

*Reach Facets Editor
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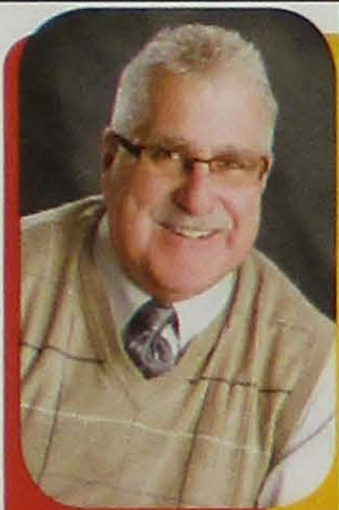
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A photograph of a woman with long brown hair, wearing a red t-shirt and black pants, kneeling on a grey carpeted floor in a classroom. She is writing on a large white sheet of paper with a purple marker. The paper has handwritten text in purple ink that reads: "Friday, August 9th", "Dear Second Grade friends,", "Good morning!", and "Friday!". In the background, there are shelves filled with various classroom supplies, including boxes of crayons, a globe on a stand, and a whiteboard. The title "Back-to-school butterflies" is overlaid in large, bold, yellow letters across the top and middle of the image.

Back-to-school butterflies

Kelly Morken, a second grade teacher at Meeker Elementary in Ames, makes preparations in her classroom for the coming school year. Photo by Amy Vinchattle/Facets

Ames teachers share how experiences as students help them prepare for their students' first day

BY ROSE ELSBECKER

Two Ames Community School District teachers remember their own back-to-school butterflies when helping a new class of students return to the classroom and develop their wings each fall.

"From the very first day of school, I try to create a classroom environment where everyone feels safe, comfortable, and cared for," said Kelly Morken, a second-grade teacher at Meeker Elementary for the past four years. "I tell my students on the first day that, even though I have been teaching for 13 years, I still get butterflies in my stomach. I think this helps them to understand it is pretty normal to feel a little anxious."

Morken started teaching in Ames with the Alternative Learning Program, which offers supplemental instruction to middle school students, before teaching at Crawford and Saw-

"From the very first day of school, I try to create a classroom environment where everyone feels safe, comfortable, and cared for."

Kelly Morken, second-grade teacher at Meeker Elementary

yer elementary schools prior to Meeker.

Morken creates activities to help students get to know each other. She recalled feeling "a little nervous" as a child about meeting

her new teachers and new classmates on the "scary" first days of school.

"I think this helps me as a teacher, because I know many of my students feel the same way on their first day," Morken said.

Before Charlyn Mason meets for the first time with her kindergarten students at Kate Mitchell Elementary, she sends them several pieces of mail to know more about their new teacher and what to expect when they come to school. One card asks them to "draw a picture for Mrs. Mason," and bring it to class the first day.

The drawings are posted in the classroom, and "give the student and I an immediate connection," Mason said. "The students, in turn, are excited when they say, 'Remember when I made that picture for you?'"

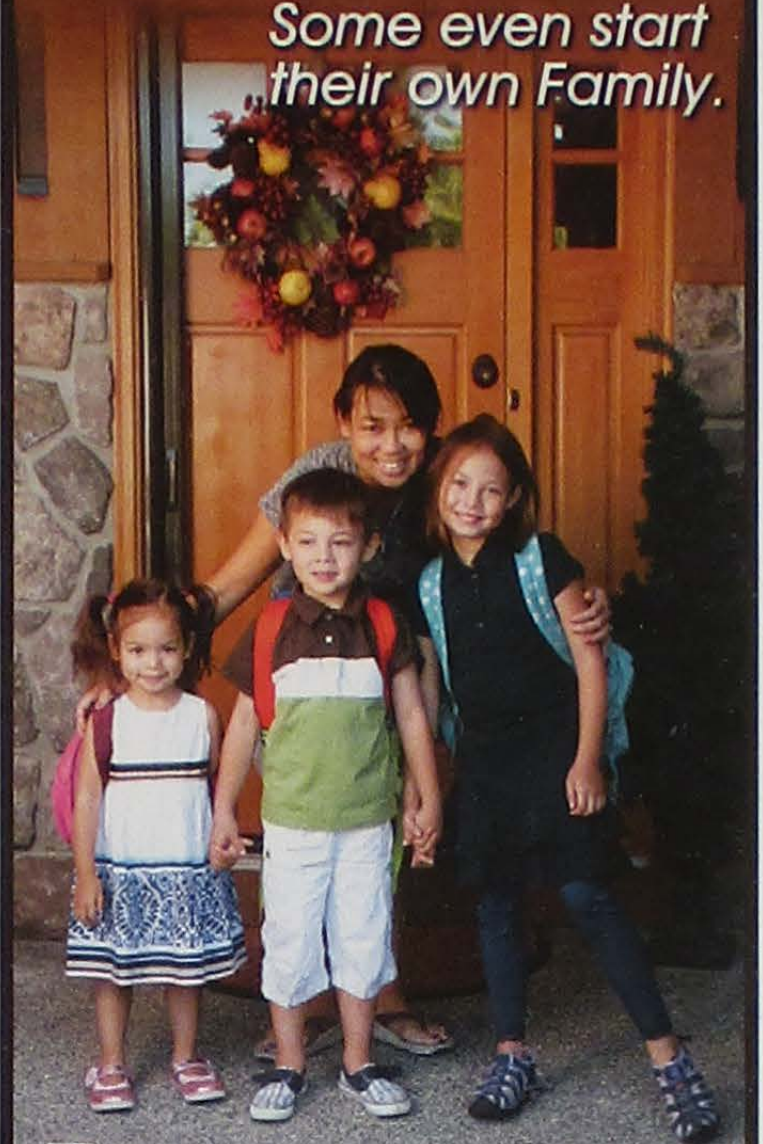
Mason remembered joyfully anticipating the first day of school as a child.

Continued on page 8



Mitchell Elementary kindergarten teacher Charlyn Mason makes an effort to connect with students before classes begin by sending them a series of letters to get acquainted prior to the first day of school. "I loved the feeling of starting fresh each year, seeing new friends, having my new school supplies and learning new things," she said. "As a teacher, I work to share my excitement for learning with my students, and still love learning new things." Photo by Eli Hamman/Facets

THINGS CHANGE...
children grow up,
 move, find jobs, move again.
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**"It is important to let
students know both
what they do well and
where they need to
improve," — Kelly Morken**

Morken uses positive reinforcement as one of many strategies for keeping students hooked on hard work and learning as the school year progresses.

Photo by Amy Vinchattle/Facets

"I loved the feeling of starting fresh each year, seeing new friends, having my new school supplies and learning new things," she said. "As a teacher, I work to share my excitement for learning with my students, and still love learning new things."

Mason, who also works with the Extended Learning Program for gifted students, has taught in Ames for 10 years, first as a family resource counselor, then early kindergarten and ELP teacher before her current position.

Mason's paternal grandmother taught in one- and two-room schools in rural southern Iowa, and inspired her to become a teacher. She recalled her grandmother always having a smile and "lots of energy."

"Even though she passed away when I was 6, I knew that she was an amazing teacher and had a huge influence on how I treat my students today," Mason said.

She grew up discussing her learning experiences with family, and Mason encourages her students to do the same.

She tells students, "Be sure to share this with your family; they will be very impressed to know that you are learning," so students develop a sense of excitement about everyday learning.

Morken also stressed the importance of positive reinforcement.

"It is important to let students know both what they do well and where they need to improve," she said. "I also want my students to know if we want to get better at something, we have to work hard."

Morken's inspiration for teaching came from coaches and teachers who made a positive impression on her own life. She felt she would be doing something important as a teacher, and works to impart her own love of learning to her students.

"Teaching is such a rewarding profession," she said. "It is amazing how much growth in all areas you will see with your students throughout the year. Every day is new and different. All students are unique." ♦

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Choose makeup and nail polish colors that complement the fall season's rich tones, says Lokken.
Photos by Thinkstock.

'Fall' for rich fashion

Embrace the season's bold colors and textures

Fall is my favorite season. I love the smell of burning leaves (if you get outside Ames), the changing colors on trees, the sounds of high school football games and birds beginning their flight south, and the cool weather that encourages us to get outside the last times before winter comes. It's back to school and the start of new activities centered on school and college events.



MARY CLARE
LOKKEN

The fashion world embraces the fall season as well. The colors are rich and the fabrics comforting to cuddle up. We wrap in sweaters, fur (faux or not), leather and scarves after the long, hot summer. Just say and think "rich."

Hair takes on richer colors and textures and can be any length, but always richer. Blondes become warmer, brunettes become kissed with jewel color, and redheads get richer and deeper in tone. Color and style should match the depth of fashion. Look for hair worn sleekly close to the head or perhaps even a little braid.

Moisture treatments can revitalize beauti-

ful skin after the effects of summer sun and wind. Wear makeup to highlight the fall colors and hair color. Lips will still be important, and eye colors are always at their best in the fall. Look for eye shadow under the eye, from the half-way point out to the edge.

Nails will remain the single most important statement for a woman. Fake nails have been replaced by one- and two-week manicures with products that really deliver on the promise.

Colors continue to follow the clothing trends that are rich, but also sheer and sexy. Manufacturers still love to tie nails to a current film or even a popular music talent — even Minnie Mouse had her own shades of nail colors this summer. I wonder if there's a group of colors for "Star Wars" or "World War Z?"

Prepare yourself for fall with a touch of what's new in each category — hair, makeup, nails — to accent your unique fashion look. And remember your fashion experts are your professional cosmetologist, esthetician and nail tech. They will be ready. Will you? ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

Back-to-school Q&A

We asked three Ames students all of ages about their anticipation, excitement and reservations about the coming school year.

STORY AND PHOTOS BY ANNABETH HAMPTON

August is the time when the mind inevitably turns to school. However, as these three Ames students will attest, while some views about school may grow, some things never change.



Evy Nelson will be a second-grader at Meeker Elementary school this year. She enjoys playing kickball and basketball at school, as well as art.

What is the best part of school? Getting to have fun and seeing my friends — and recess, don't forget recess.

What are you looking forward to this year? To make new friends, and to have a great teacher and getting to play on the second grade playground

Do you have any advice for other students? If you need help, tell a teacher; don't be afraid to tell a teacher.

What's your favorite subject? I like music because the teacher's really nice and lets us play games, and it's fun; and P.E. because you get to play games and scoot on scooters.

Are you nervous at all about going back to school? No, just sad because I'm going to miss my friends who don't go to Meeker.

Name a favorite memory from school: In kindergarten, I met my best friend.

Is there anything you don't like about school? Getting made fun of.

What do you want to be when you grow up? I've always wanted to be a singer and be in plays like my brother. I also might work at a pet store or be a veterinarian.



Kylie Glover will be a seventh-grader at Ames Middle School. This year she wants to be involved in cross-country, track, band, chorus and cooking classes.

What is the best part of school? I'd have to say getting new friends and having new experiences.

What are you looking forward to this year? Being able to do sports, because that starts in seventh grade.

Name a favorite memory from school: Math class (in sixth grade) because I really liked my math teacher; and when we went to Camp Dodge.

Is there anything you don't like about school? Probably my classmates and all the drama.

Balancing summer

I am an expert at going back to school. My resumé includes 12 years in the Ames school system, and now one year at Coe College in Cedar Rapids.

For the past 13 years, when August comes to Ames, similar things happen. Each and every year the same feelings popped up. There was, of course, a melancholy, brought on by the realization that summer was ending.



HAMPTON

Days spent by the pool or in an air-conditioned house away from the demands of homework would soon be traded for back-to-school shopping and long hours in classrooms.

Along with this lament was a strong sense of anticipation. A belief that the new school year would always be better — a fresh page, a new leaf, and any other clichés you want to use.

Together, these feelings of melancholy and anticipation balance on the tightrope known as the month of August. Students such as I walk the line each and every year, balancing between lamenting summer's end and looking forward to the coming school year.

This summer has been a bit different. Through Coe, I've had some fantastic opportunities, including crisscrossing the country, from San Diego to Washington D.C. I discovered what I want to study by taking fun and interesting courses. Plus, I've made tons of new friends along the way, and that was just in one year.

So this summer I find the balance shifting. I have less of the melancholic feelings that haunted the summers of my childhood, and more anticipation for the new year.

I find myself looking forward to all the new school year will bring — reuniting with friends and taking interesting classes that I enjoy.

Summer is great in many ways, but, in my experience, the school year can be just as, if not more, exciting.

Continued on page 11

What's your favorite subject? Math; I've always enjoyed doing math problems for fun, and I like learning it.

Do you have any advice for other students? Have a positive attitude. If things are bad, they'll get better.

What do you want to be when you grow up? Either an engineer or a vet.

Christopher Jackson (right) will be a senior at Ames High School this year. He's involved in a bevy of school activities including debate, cross-country, mock trial and speech club.

What is the best part of school? The best part of high school is the people. Teachers who care about you, students from all different backgrounds (this is Ames, after all).

Are you nervous at all about going back to school? Yes. No one ever really loses that slightly jittery feeling about going back to school. Part of it is just nervousness over how people might have changed over the summer, and part of it is realizing how quickly the year will go by.



Name a favorite memory from school:

If I had to pick a class, it would be Mr. Mooney's AP U.S. History, because the class discussions are great. Besides that, my favorite memory would be Tucheze, the SHEPH [Students Against Poverty and Hunger] dance party. It's a lot of fun and everyone enjoys themselves.

Is there anything you don't like about school? Being a high school student can create narcissistic impulses that even I can be affected by, but that's true for many people throughout life. The only thing that comes to mind is that sometimes work appears to be done for no real reason.

What's your favorite subject? I love the social sciences. I love studying how society functions and different theories about what is, as well as what is possible.

Do you have any advice for other students? It's the very first cliché told, but do everything you can. High school is a time when your parents — usually — take care of essential needs and you have the freedom to do as much as you can. Without financial constraints like later in life, it's the best time to do everything and find out what you're interested in. It's also wonderful to meet people through activities.

What do you want to be when you grow up? My plan is to teach political science and run for public office later in life. Does that mean I want to be a politician when I grow up? It sounds like it. ♦



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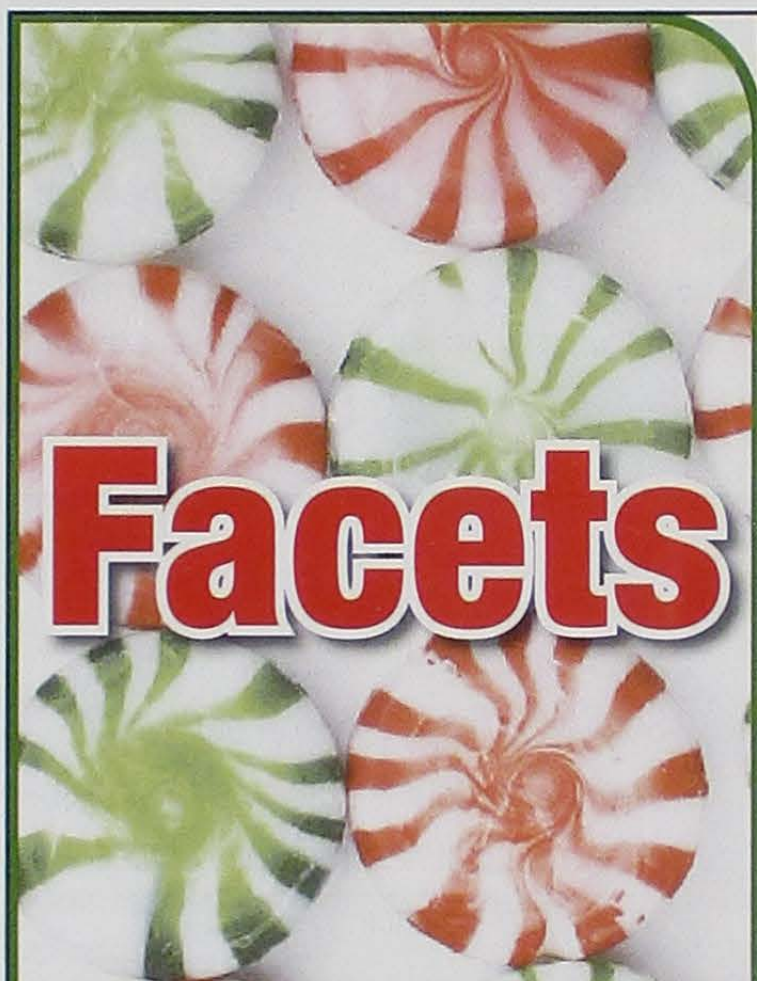
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Classing up in the classroom

These outfits from Lyla's Boutique and Moorman Clothiers on Main Street in Ames are perfect for the back-to-school season, whether you're gearing up for a new semester, preparing for a new group of students as a teacher or simply celebrating the peace and quiet that comes with when your children head back to school.

Bummed by how quickly summer flew by? Hang on to those last warm rays and lazy days in these outfits, available at Lyla's Boutique and Moorman Clothiers.

No matter how you celebrate the transition from summer to fall — be it a Labor Day barbecue or one last outing on the lake with friends before the kids head back to school — these outfits will ensure you'll be doing it in style. ♦

Say goodbye to summer with a bang in this dress (right) from Lyla's Boutique. A perfect complement to a summer sunset, it retails for \$44. Craving one last walk along the lake before autumn's cool temperatures take over? Show off that final summer pedicure in these teal and leather sandals (below), also from Lyla's, that sell for \$17. Top off the look with a coral statement necklace for \$16. Photos by Amy Vinchattle/Facets



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Make the transition from summer to fall while embracing the chevron trend with this skirt by Karen Kane from Moorman Clothiers, \$115. Top off the look with a draped, V-neck top, \$85, and white tank, \$45, both by Karen Kane. Tie the outfit together with a silver link necklace with matching earrings, \$45, by Audrey Kate. Photo: Amy Vinchattle/Facets

After-school snacking 101

Snacking after school is a big part of a kid's diet. Kids have smaller stomachs, making snacking essential to getting in a day's worth of nutrients. Snacks should be tasty, yet nutritious, for kids and simple for parents.



AMY CLARK

Whether your child comes home after school or spends time after school with sports or other extracurricular activities, nutritious snacks can be a healthy way to fuel kids' growing bodies.

Use the tools

Use MyPlate to help guide your snack choices. The concept is simple: first, fill your plate (or bowl) half-full of vegetables and fruit; second, fill one-quarter of the plate with lean meat or protein; third, fill one-quarter of the plate with grains, including whole grains as much as possible; finally, add one serving of low-fat milk, yogurt or cheese.

The guide easily depicts recommended portion sizes of food groups, and works for both meals and snacking. For snacks, include at least one fruit or vegetable, while including two other food groups, such as a whole grain and low-fat dairy.

Positive outlook

Think of snacks as an opportunity to eat healthy, not as one to eat extra. Use snacks as a way to refuel the body and gain important nutrients the body needs.

Open options

Let kids choose from several options at snack time. Have foods you know they will like,

paired with foods you wish they would eat more, such as fresh fruit in a bowl on the counter-top. If you keep putting a food in front of them, they are more likely to eventually try it.

The Golden Rule

It is the parent's job to decide what foods are served, when they are served and where they are served.

It is important to offer a variety of foods every day. The child has a job, too. The child decides which foods to eat and how much to eat.

Top Dietitian Picks

Remember to keep half your snack a fruit or vegetable.

- ◆ Lite or fat-free yogurt paired with sliced bananas or berries and a dash of granola. Try the new Chobani Champion Kid's Greek yogurt for a boost of protein.

- ◆ Kashi chewy granola bars or Clif kids Z granola bars with an apple.

- ◆ String cheese (2 percent milk) sticks paired with grapes or baby carrots.

- ◆ Teddy Grahams or whole grain Goldfish paired with a banana or orange slices. ◆

Studies have shown that kids involved in food preparations are more likely to eat what they make. Here are some fun snack ideas to get them involved:

- ◆ **Layered Fruit Fun:** In an ice cream cone, layer cut fruit (strawberries, blueberries, peaches or bananas) with vanilla or fruit-flavored yogurt. Add a layer of granola or crushed graham cracker for a little crunch.

- ◆ **Effortless Apple Crisp:** Stir 2 tablespoons crushed cinnamon crunchy granola bars and a dash of cinnamon into an applesauce cup.

- ◆ **Frozen Banana Crunch:** Slice a banana into four pieces, cover pieces with yogurt and sprinkle each piece with a crushed low-sugar cereal. Wrap them in waxed paper or aluminum foil and place in the freezer. Once frozen, thaw for several minutes and enjoy as a chilled treat.

- ◆ **Ants on a Log:** Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins or dried cranberries.

- ◆ **Snack Kabobs:** Put cubes of low-fat cheese and grapes on pretzel sticks.

Amy Clark earned a bachelor's degree in nutrition and dietetics from Iowa State University in 2003. She is a member of the American Dietetic Association and received a certificate in adult weight management in November 2006. Her goal at Hy-Vee is to increase awareness of the impact nutrition can have on well-being and quality of life. She encourages people to focus on making healthy lifestyle changes one step at a time. For information contact Amy via email at 1013Dietitian@hy-vee.com.

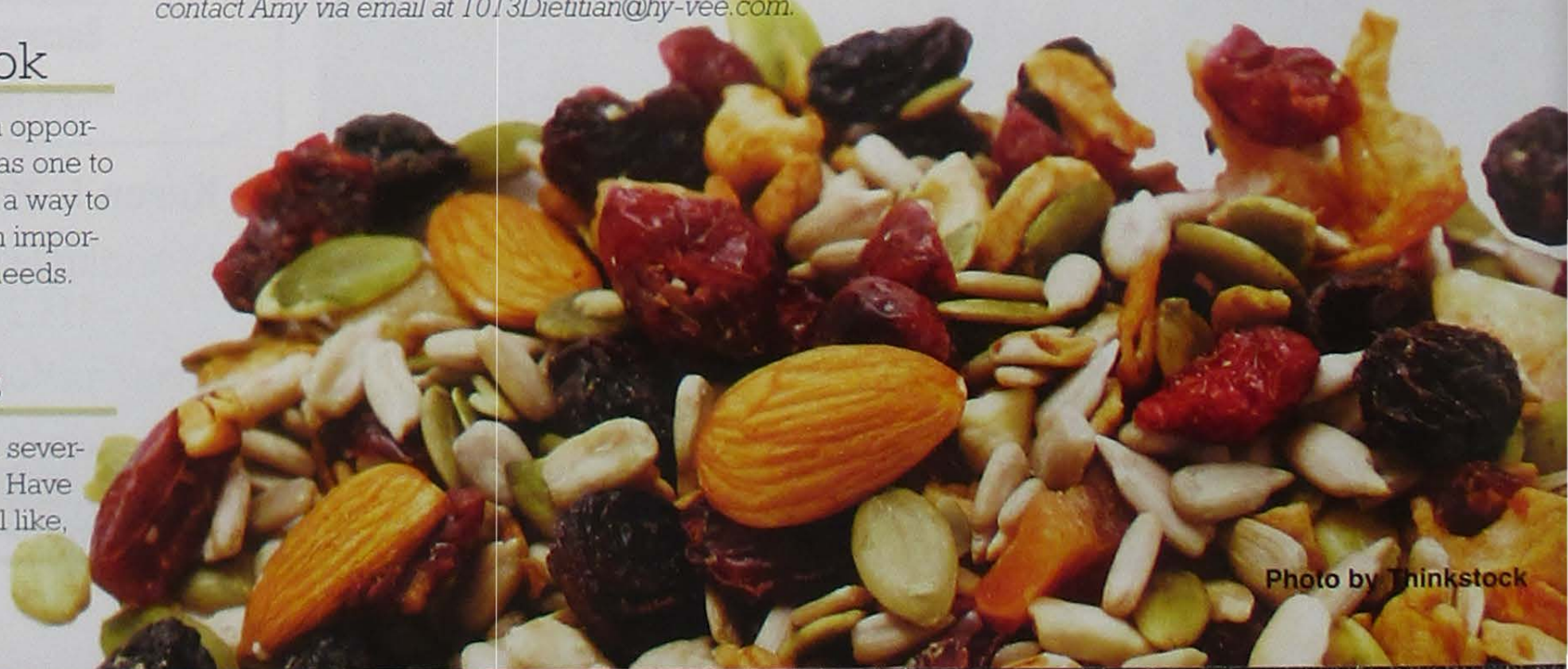


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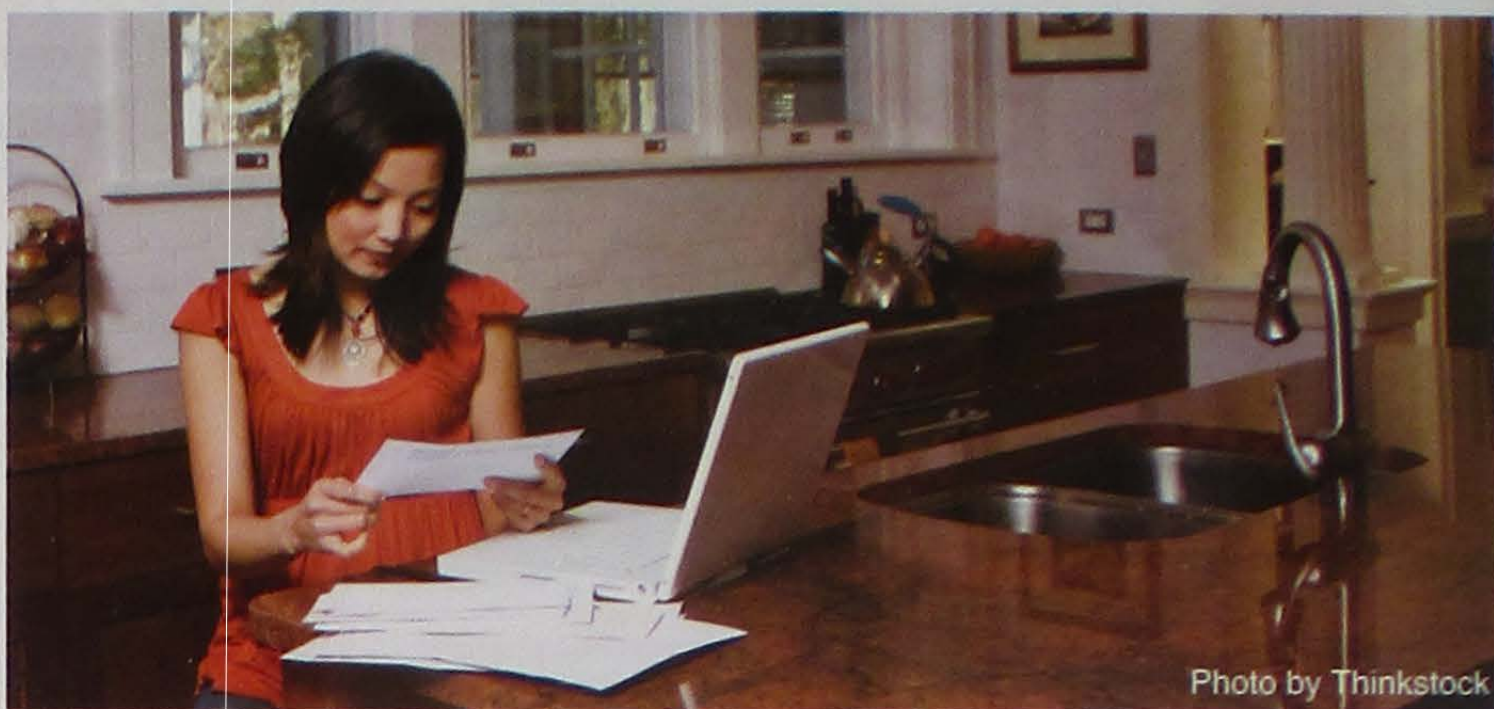


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\$ix habits worth \$aving

As summer comes to an end, teachers and students prepare for the start of another school year. The first few weeks of school are spent reviewing last year's lessons before moving on to a new level of learning.

The change from a summer schedule to school schedule is a great time for all of us to review our financial habits and begin a new level of financial success. Here are six principles to consider.



**KAREN
PETERSEN**

Depend on yourself

Work to become money-smart by taking a realistic look at your money situation. Map your financial future and set goals for yourself. If you have a life partner, become full partners and share the planning to reach your goals.

Do it now

Some people feel so overwhelmed by their finances that they become immobilized. You don't have to make major changes in your life to get on track. In reality, major changes are the result of a series of small steps. Plan and implement three small steps you can take today, and your confidence in your ability to handle your finances will grow.

Manage your fears about money

Fear is an instinct of survival, but some people are so afraid of making investment mistakes they simply make no decisions. The best way to overcome that fear is to consider when you will need your investment money.

If you need money for a new home next year, the stock market is a risky place to invest. If you need money in 20 years for retire-

ment, the stock market may be an appropriate choice. Time will overcome the ups and downs of the market, and the rewards will outweigh the risks.

Make a plan

Make a list of your important goals. The foundation of your life plan will probably be family, health, retirement and your security. Describe your goals and set a date to reach them.

Be ready to take care of yourself

All marriages end, either in death or divorce. Many women are on their own financially for one-third of their adult lives; the quality of your life may depend on your financial skills. Because you never know what will happen in life, everyone should schedule a contingency day, when you and your partner discuss your finances frankly and openly.

Get professional advice

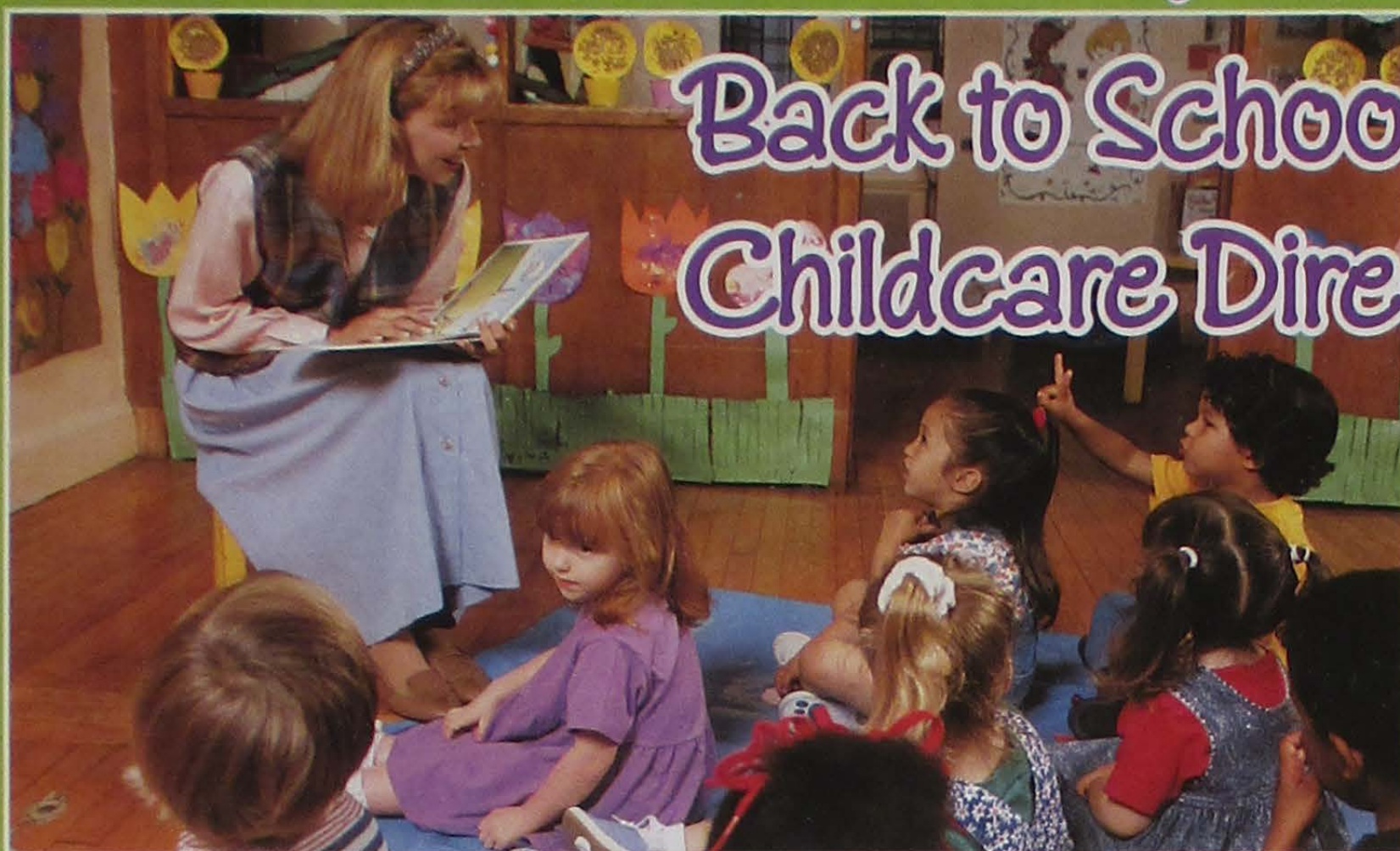
You may think you should be able to make financial and investment decisions on your own; however, many people simply do not have the interest, expertise, time or knowledge to determine a plan to meet financial goals.

Schedule a time to sit down with a financial professional to talk about your situation. Do it now. Manage your fears, make a plan and seek professional advice ... because life is more than money. ♦

Karen L. Petersen, CFP® CDFI™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

Facets 2013

Local Childcare Providers in Story County



Back to School Childcare Directory

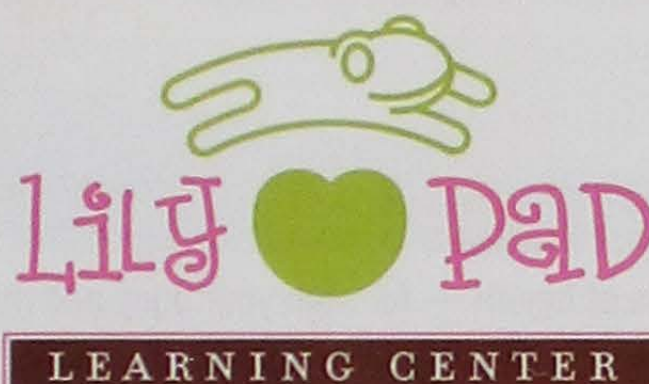
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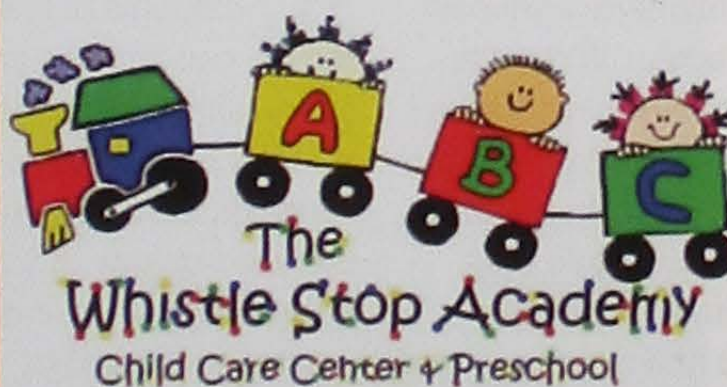


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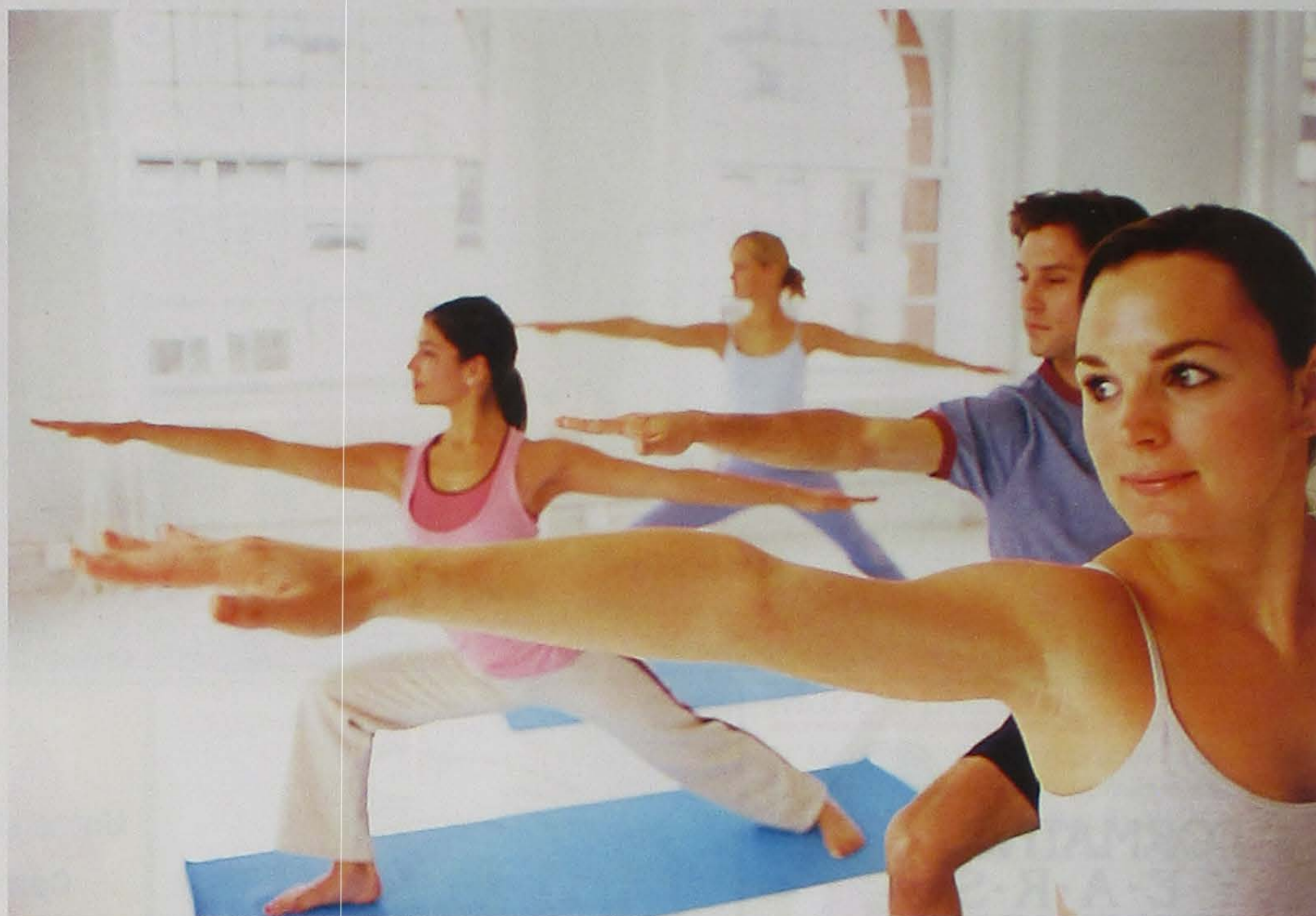
Embrace the ABCs of better health

Even without a class schedule or student at home to catch the bus, my thoughts in fall turn back to the routine and structure that come with each new school year. With it comes a check-in with fitness promises, which have given way to time by the pool, traveling or yard work.



DEBRA ATKINSON

As you re-establish your fitness schedule, a few ABCs will keep you focused on the fundamentals of any successful program for your mind and body.



Utilizing the ABCs of health — for both your body and mind — can lead to an overall improvement in well-being, says Debra Atkinson. Photo by Thinkstock

Mind

A: Attitude is the only thing we can control. John Maxwell, the well-known motivational expert and author, says we acknowledge this point even when we don't always maintain the attitude that serves us best. Attitude is what differentiates those who reach their goals from those who don't.

You don't have to have had success the first time. You don't have to know how or know what to do. You just have to have the attitude that if you don't have the tools you're going to find out, learn it, hire it and get help in order that you can achieve success.

B: Believing what you're doing is going to achieve the results you want is the first step to motivation. Too many beginning exercisers quit before they see results because they wonder if their exercise is effective.

There are too many resources sharing too many great ideas. When you find an adviser you trust that can help you establish a program that meets your current needs and puts you on the path to your goals, commitment happens.

C: Commitment is willpower in action. With commitment you have the discipline to get up a half hour earlier in order to get your workout done. When travel or schedule conflicts arise, you don't abandon your plan, you find a way to work around it.

Body

A: Aligning your body to provide optimal energy and efficient movement will decrease the risk for injury and

pain. Movement should be comfortable.

Cleaning up your body mechanics and improving your alignment is first goal of a sound exercise program. Seek programs and professionals who address that goal.

B: Benefits of exercise can include overall better quality of life, or losing 20 pounds or finishing a bucket list race. Yet, it will very likely be the elevated quality of your life that keeps you exercising. Any goal can be your catalyst.

C: Contraindications to exercise are unique to each individual and may be isolated to certain exercises or environments. Heat and humidity may limit someone who has had heat illness in the past and or has a pre-existing disease.

Joint issues could mean high impact is not advised. As our population ages and our fitness industry matures with it, there will be more choices no matter what contraindications you have. Seek advice on how to avoid problems and optimize your enjoyment of movement experiences so you'll repeat regularly.

Align your mind and body needs and goals, and choose your program to match your needs.

This fall can be elementary, my dear. ♦

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her via email at PTDirector@amesracfit.com.

Move of the month

BY DEBRA ATKINSON



Photo by Eli Hamman/Facets

Abdominal twist

When the weather is warm it's natural to do more and do it more often. Take a few moments to put the garden hoe or golf club down, climb out of the saddle and remove the running shoes — your posture and your back will thank you.

This multitasking stretch will open what's tight, stretch where you need it most, and it almost all happens primarily due to gravity — so lie down and enjoy.

Step 1: Lie on a hard surface. Bring your knees up to "table top," or a double L, with 90 degrees at the knees and hips. Take your arms out to the sides, palms up. Pretend your shoulder blades are pressing into the floor.

Step 2: Allow your legs to slowly drop to one side as far as they comfortably will go letting gravity do the work. Try to maintain the opposite shoulder blade on the floor. If you feel uncomfortable with the range of motion, make it a habit to place pillows on either side of your knees that will prevent you from having too much range of motion before you're ready.

Step 3: Stay on one side taking a few deep breaths in and out. You may feel the stretch along your chest, back, hip or all; there is no wrong answer. You'll feel it where you need it the most.

Step 4: After 30 seconds to a minute on one side, brace the abdominals and gently come back out of that stretch to the starting point. If you have a significant stretch here, you're vulnerable, so take your time coming out.

Step 5: Repeat on the other side. Pay attention to which, if either, shoulder blade is more challenging to keep down, or which side on back or hip provides a greater stretch.

Simple but very effective, this stretch can be done daily. ♦

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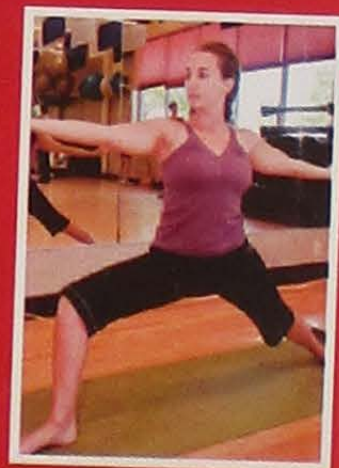


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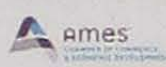


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faceted woman | **ANDREA GRONAU**



Andrea Gronau (right) is the store manager at Worldly Goods in Ames. Photo contributed.

Name: Andrea Gronau

Age: 41

Position: Store manager at Worldly Goods

Family: My parents are in Vail, Iowa. I am the oldest four children, with three younger brothers. I have a great sister-in-law, and three boisterous and fun nephews who live in Algona. I have so many friends around Ames that I consider my family, and they take excellent care of me. Plus I have two cool cats, Inkpaduta and Miss Priss; and a hen named Zoe and a new chick named Buffy. Who could ask for more?

What would you do with \$1,000 to spend on yourself? I would have a fair trade party and invite everyone to come. It would be one great party with \$1,000.

Best tip to look and feel great: Wear what is comfortable to you is the best tip I can give a person. If you are comfortable, you will also feel good.

If you could do or be anything you want, what would it be? I would love to be a professional volunteer.

How do you reward yourself? A new Worldly Goods item every now and again — more like, again and again, though.

My idea of a nightmare job: My idea of nightmare job is doing the same thing all day every day. I never have to worry about that at Worldly Goods.

My simplest pleasure: My simplest pleasure is curling up for a nap on a rainy day with my cats.

I secretly love: I never want to admit it, but Equal Exchange sea salt and caramel chocolate bars are hard to resist.

I am thankful for: I am thankful for the volunteers of Worldly Goods who make my job and our mission easier and more fulfilling.

Favorite wardrobe staple: My wardrobe staple is Worldly Goods cotton dresses from India.

What financial advice would you give other women? Think fair trade first with your purchases because it gives other women in this world a chance at helping their families.

How do you give back to your community? The best way to give back to your community is volunteer and be ready to help no matter what. I try to do that whenever I can. So if you need help, just ask. ♦



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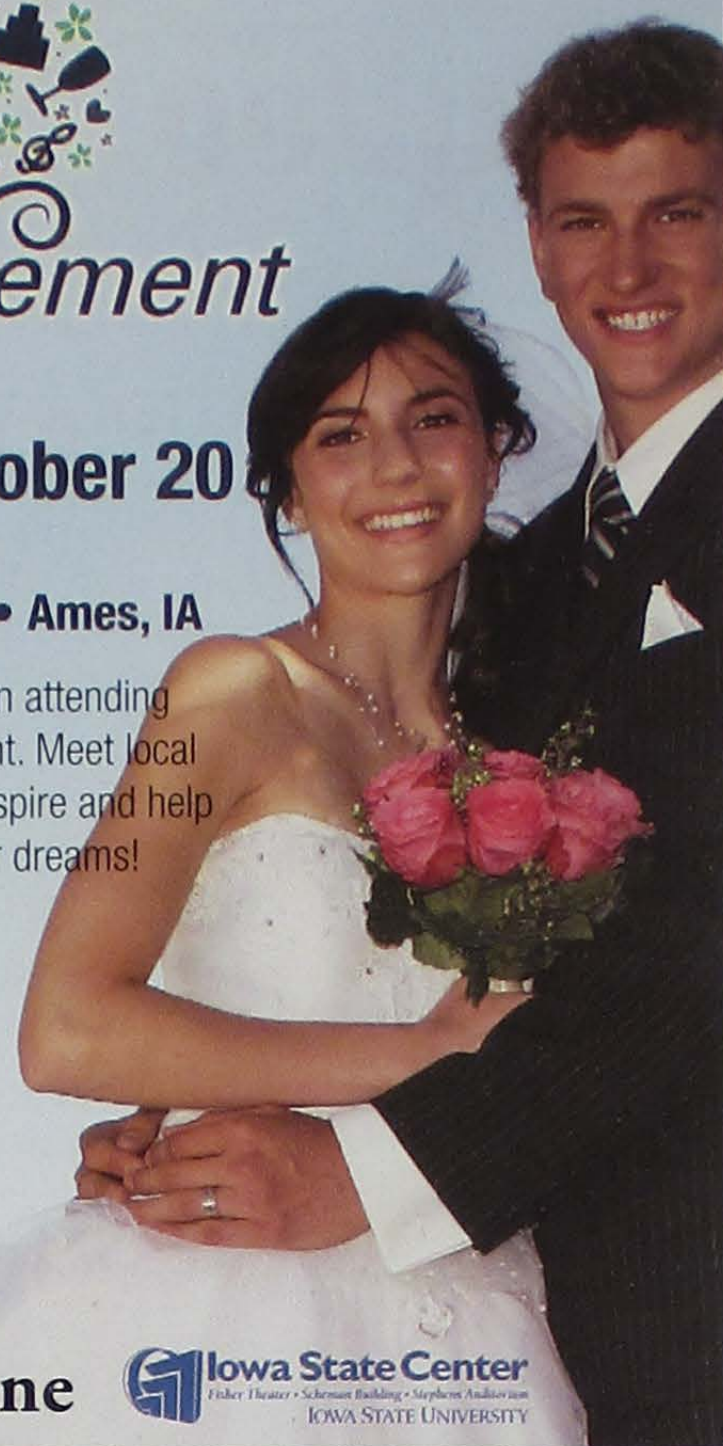
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- It's simple; the higher the NuVal® Score, the more nutritious the food.
- The goal is to make it easy for parents to quickly choose convenient, good-for-you options with a quick glance at the NuVal® Score on the shelf tag.
- Use the NuVal® Scores to "trade up" for health, one choice at a time.
- Choose foods across all categories when thinking about snacks. For example, oftentimes fresh produce will score in the 90-100 range, while chips and cookies score 1-40.
- The NuVal® Score is found on shelf tags



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Fruit Snacks

1
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96
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Chips

5
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GRILLED PEANUT BUTTER & PEACH SANDWICHES

Serves: 2 | Source: Hy-Vee Test Kitchen.

All you need:

- 4 tablespoons creamy peanut butter
- 2 teaspoons agave nectar
- 1 pinch Hy-Vee cinnamon
- 2 peaches, pitted and finely chopped (NuVal® score: 96)
- 4 slices whole grain bread, divided

All you do:

1. In a small bowl, combine peanut butter, nectar and cinnamon. Stir in the peaches.
2. Divide mixture between 2 slices of bread. Top with remaining slices of bread.
3. Preheat large nonstick skillet over medium heat. Spray with butter-flavored cooking spray.
4. Place sandwich on skillet. Cook for 2 to 3 minutes or until bread is golden brown.
5. Spray top of bread with butter-flavored cooking spray and flip sandwich over. Cook for an additional 1 to 2 minutes or until bread is golden brown.
6. Cut each sandwich in half and serve immediately.

NEED MORE INFORMATION?

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(515) 292-5543